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Tyndall Air Force Base, Fla. *Gulf Defender*

March 17, 2000



Tech. Sgt. Sean E. Cobb

## Helmet ready

Airman 1st Class Charles E. Davis II, 95th Fighter Squadron aircrew life support apprentice, completes a maintenance check on a combat-edge helmet.

# Team Tyndall 325th SFS NCO named best in AETC

**Senior Airman Oshawn Jefferson**  
325th Fighter Wing  
public affairs

Team Tyndall had the spotlight shining on them again as Master Sgt. Connie S. Lantz, 325th Security Forces Squadron flight chief, won the Air Education and Training Command Outstanding Security Forces Flight Level Senior NCO award.

"I was both surprised and honored to win this award," Lantz said. "I really didn't expect to be awarded with this, since without the support of my troops, supervisor and commander, it would not be possible for me to do my job."

Lantz, a native of Patrick, S.C., made a valuable impact felt within two major commands during Fiscal 1999. While on a tour of duty in Panama, Lantz devised the unit draw-down plan for the turnover of the Panama Canal and Howard AFB closures. She also led the 24th Security Forces Squadron administration flight in iden-

tifying high-risk crime areas for Howard's housing area.

Lantz investigated the failure of a new weapon-storage, area-alarm system at Howard, designed to cut security forces manning requirements. She discovered more than 20 fraudulent contract acts and wrongful approvals by the Army Corps of Engineers.

Lantz passionately researched the 24th SFS history from the time of its inception to its deactivation. Her research enabled her to recover artifacts from Operation Just Cause and the only horse patrol in the Air Force, which she was able to present to the Security Forces Museum located at Lackland AFB, Texas.

"Sergeant Lantz truly represents all we look for in a

security forces NCO," said Senior Master Sgt. Kevin Hodges, 325th SFS operation superintendent and Lantz's supervisor. "She has the perfect balance between people and mission. No matter how intense the workload, she always takes time for her subordinates."



Master Sgt. Connie Lantz

## 15 days until Team Tyndall's Gulf Coast Salute 2000



**JOIN THE FUN!**

9 a.m.-5 p.m.  
April 1

● Watch the **UNITED STATES ARMY GOLDEN KNIGHTS PARACHUTE TEAM** as they show off their aerial acrobatics.

● Be wowed by F-15 and A-10 demonstration teams and fly-bys of an F-117 Stealth Fighter, B-24 Liberator and B-17 Flying Fortress.

● See a mock battle by the Army Aviation Historical Society.

● Check out the Super Shockwave Jet Truck, "the world's fastest 1957 Chevy pickup truck," as it rockets down Tyndall's runway at more than 300 mph.

**But that's not all ... check this out**

● Enjoy numerous static displays, to include a MiG-23 Flogger and F-117 Stealth Fighter.

● Share time with your kids at the "Air Play Arcade," complete with push-pedal planes and flight-simulator rides.

## 11 Team Tyndall members earn promotion to Senior Master Sgt.

Courtesy of the 325th Fighter Wing public affairs office

Eleven Tyndall master sergeants were welcomed with a nice surprise Tuesday morning — line numbers for promotion to senior master sergeant.

Tyndall's newest selects are:

**Lowell C. Hopper**, 325th Training Squadron

**Kraig S. Beahn**, 325th Communications Squadron

**Carol D. Cox**, 325th CS

**John K. O'Neal**, 325th Logistics Group

**Jeffery B. Amos**, 325th Logistics Support Squadron

**Charlanne Greenlee**, 325th Medical Support Squadron

**Robert D. Geist**, 95th Fighter Squadron

**Tommy W. Kirk**, 95th FS

**John L. Smith**, 16th Test Squadron

**Paul L. Hicks**, Air Force Civil Engineer Support Agency

**Kathleen E. Hoke**, AFCESA

A complete list of those selected can be found at the Air Force Personnel web site at: [afpc.randolph.af.mil](http://afpc.randolph.af.mil).



# Tyndall, Panama City working on proposal for Cove Gardens

**Master Sgt. Rob Fuller**  
325th Fighter Wing  
public affairs

Tyndall and city officials are currently weighing a real estate proposal that could resolve some military family-housing issues here.

Panama City planners have shown interest in purchasing the 33-acre parcel of real estate at Cove Gardens, currently the site for 130 of Tyndall's military family-housing units.

"The city's interest in the property comes at an opportune time, as we have been reviewing

our long-range plans for Cove Gardens over the past six months," said Col. J. Worth Carter, 325th Support Group commander. "A potential closure of the Cove Gardens site and transfer to the city could provide a 'win-win' scenario for us all." If the city decides to purchase the property, the Air Force will use the proceeds from the transaction to either build new units or improve existing housing units on base.

According to base officials, this is a move forward in an effort that has been ongoing for some time to improve the overall quality of housing for Air Force people assigned to Tyndall. Unfortunately

over time, the size, condition and location of the Cove Gardens housing have made it less desirable for military families assigned here.

Built in 1943, the base housing at the Cove is more than 50 years old, and although renovated about 15 years ago, it remains small and less desirable for military families. The housing is also located about 20 minutes from Tyndall.

The proposed plan includes a transition period during which Cove Gardens' residents would move out as they are reassigned to other bases, move into off-base housing in the local community or move into other available housing on Tyndall.

## New TRICARE program begins April 1

**AURORA, Colo. (AFPN)** — The TRICARE Senior Supplement Demonstration has begun for military Medicare-eligible beneficiaries age 65 and older who reside within designated ZIP codes near Santa Clara, Calif., and Cherokee, Texas.

The enrollment period began March 1 with coverage beginning April 1. The demonstration is scheduled to end Dec. 31, 2002.

According to Dr. Sue Bailey, assistant secretary of defense for health affairs, "The TRICARE Senior Supplement Demonstration is a test program designed to reach our Medicare-eligible beneficiaries who use Medicare and are established with their own physicians. The supplement demonstration offers them secondary coverage to

Medicare plus some benefits that Medicare does not offer, all at a very reasonable cost.

"This demonstration is one of several that the Department of Defense is exploring to find the right combination for serving our senior beneficiaries," she said. The other DOD demonstrations include TRICARE Senior Prime, the Federal Employees Health Benefit Program and a pharmacy benefit.

Customer service representatives are available via a toll-free phone number, (877) 363-8773, 8 a.m.-5 p.m. Monday through Friday, to answer questions on eligibility, enrollment, benefits and other aspects of the demonstration program. Information is also available by visiting the TSSD web site: [www.tricare.com](http://www.tricare.com).



2nd Lt. Catie Devlin

### Special Olympics

A special-needs athlete receives a medal for participating in last year's Area II Special Olympics. Volunteers are needed for this year's games, which are scheduled for 9:30 a.m. Saturday at the Tyndall Youth Center. For more information or to volunteer, call Cyndi Owens, 283-4039.




**10:30 a.m.-1 p.m.  
Monday and Thursday**

## All you can eat Pizza buffet

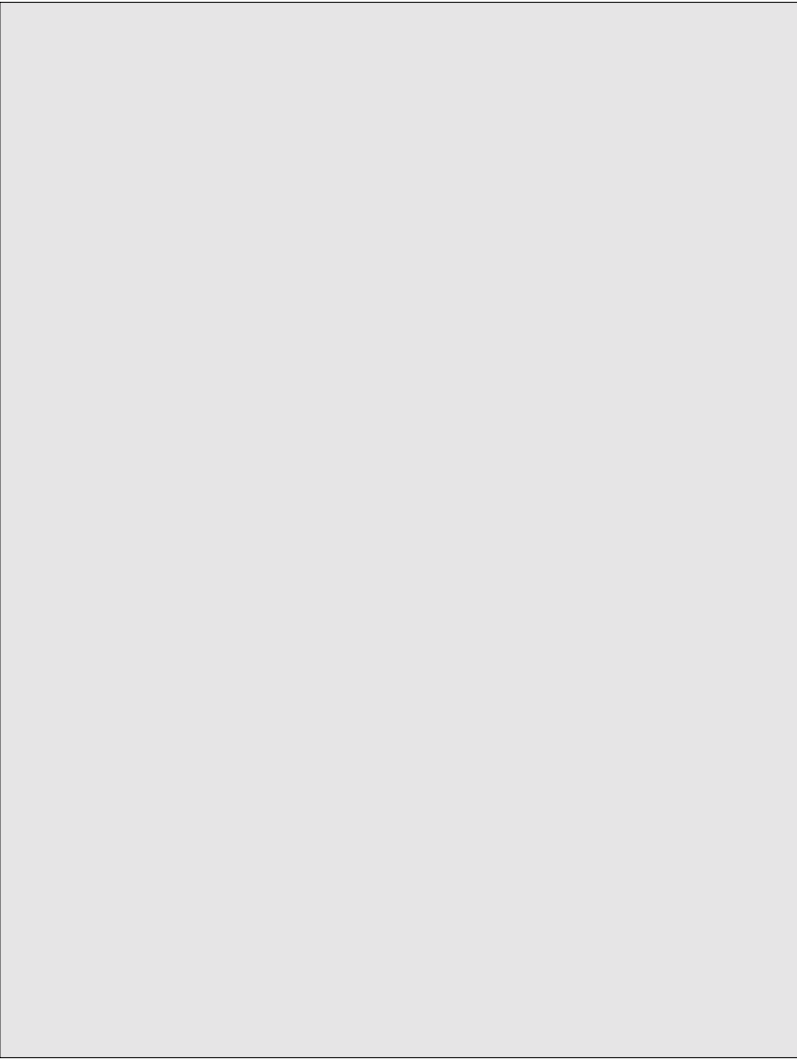
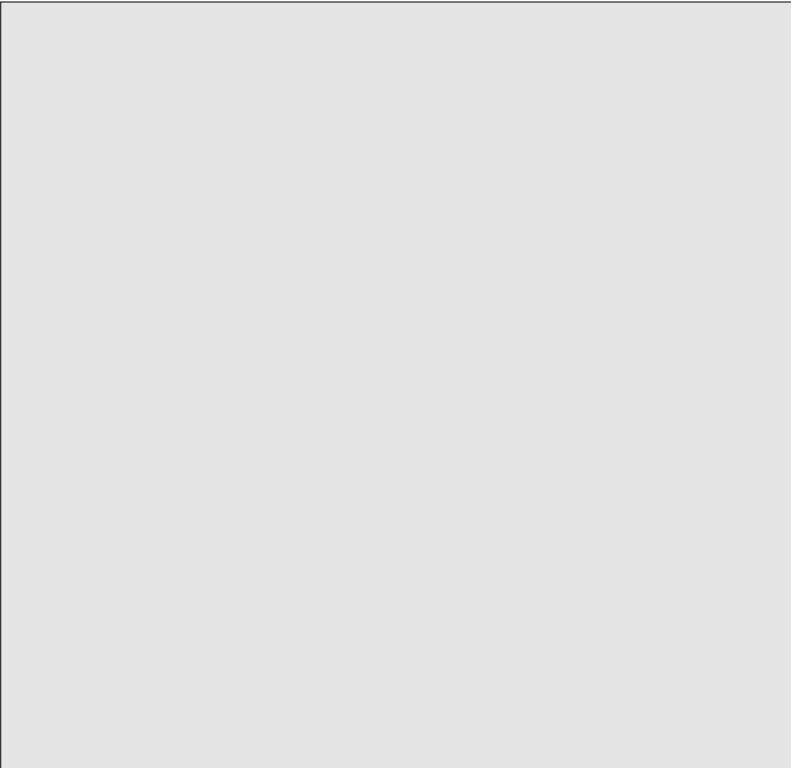
**Sports Page    Tyndall Community  
Pizza Pub        Activities  
                          Center**

There's only one way  
to come out ahead  
of the pack.

# QUIT



**American Heart  
Association**  
WE'RE FIGHTING FOR  
YOUR LIFE



# Team Tyndall spruces up

## ‘Spring Cleanup’ gives base a chance to shine, show pride

**Brig. Gen. Walter E. Buchanan III**  
*325th Fighter Wing*  
*public affairs*

Team Tyndall’s Gulf Coast Salute 2000 and the Readiness Challenge VII are almost upon us. Both of these events will attract many visitors to Tyndall, including community leaders and high ranking members of the U.S. and foreign militaries. Although we should strive to keep our base looking good all the time, these upcoming events provide us an ideal opportunity to demonstrate pride in our base and our Air Force.

To put our “best foot forward” we must have the earnest and wholehearted participation of all base personnel. To do this, I’ve established Monday through March 26 as this year’s “Spring Cleanup Week.” I’d like for you to concentrate on the main base Monday through March 24 and on

the family-housing areas March 25-26.

The 325th Civil Engineer Squadron and our base operations support contractor, Del-Jen, Inc., plan to spend numerous hours mowing, pruning and refurbishing areas on base that need special attention. They also stand ready to support you in doing your part of the Spring Cleanup campaign as you spruce up areas around your unit. Here are some areas where each unit and you can make a real difference:

- Police the area within 100 feet of your buildings for litter, trash and debris — especially around outdoor smoking areas.
- Pick up fallen tree limbs and palm fronds and place curbside for pickup.
- Clean up plant beds by pulling weeds, replacing rocks and mulch, straightening edging and removing and replacing rotted landscape timbers.

- Ensure sprinkler systems are operating properly, and water high-visibility areas manually according to the base water policy.
  - Sweep and clean patios, sidewalks and pavilions.
  - Perform small, self-help projects to beautify the exterior of your buildings.
- The Tyndall Self-help Store is extending their hours to 7 a.m.-3:30 p.m. Monday through March 24 and are poised to support your efforts. They have gardening tools, mulch, paint, leaf bags, edging and a host of other items for your use. They are located in Building 449 if you want to stop by, or you can call them at 283-2124. In addition to the self-help store, civil engineers will provide shop support to assist your efforts in any way possible. Please coordinate any additional support requirements with the civil engineering customer service desk at 283-4949.
- For military family-housing occupants, we’ll target March 25-

●Turn to CLEAN Page 4



Tech. Sgt. Sean Cobb

## Air Force Assistance Fund: Why I give?

**Staff Sgt. Robert Batiste**

**Squadron:** 325th Services Squadron  
**Job title:** NCOIC of the 325th SVS command support staff  
**Hometown:** Alexandria, La.  
**Why I give:** I needed to go home on emergency leave one time and AFA really helped me out.  
**As of Wednesday, Team Tyndall has reached 55 percent of this year’s goal.**



Tyndall Gulf Coast Salute 2000 preview

A-10 demonstration team, ‘warthogging’ the airspace

Courtesy of the 12th Air Force public affairs office

The West Coast A-10 Demonstration Team will perform as part of Tyndall’s Gulf Coast Salute 2000, April 1.

Gates open at 9 a.m. and close at 5 p.m., parking and admission are free.

The west coast team is part of the 355th Wing based at Davis-Monthan AFB, Az., and is one of two A-10 demonstration teams in Air Combat Command. In exhibitions across the continent, the team shows why the A-10 is heralded as the world’s premier Close Air Support fighter. The performance showcases the jet’s outstanding maneuverability at both high and low speeds.

From its home in the Arizona Sonoran Desert, the team brings the power and pride of the United States Air Force to crowds across the nation, according to Lt. Col. Jeffrey D. Lowery, West Coast A-10 Demonstration Team commander.

In the upcoming months, the demo team will perform more than 50 shows throughout the United States and Canada. The team consists of personnel from the 354th, 357th and 358th fighter squadrons. Air Combat Command sponsors two A-10 demonstration teams; the other is located at Pope AFB, N.C. Through open performances, the public is able

to view firsthand this world-class, CAS fighter that has served the United States Air Force.

The A-10 dominated enemy ground forces in Iraq during Desert Storm and Desert Shield, and more recently, has helped with the peace-keeping efforts in Bosnia and the enforcement of United Nations resolutions in the Middle East. According to Lowery, “Our job is to show communities across America the quality of people and aircraft their tax dollars are paying for. The good people of America like to know how their money is being spent, and it’s our job to show them.”

The air show demonstration showcases the A-10’s outstanding maneuverability at both high and low speeds. “While it is difficult to show the actual combat capabilities of the A-10 Thunderbolt II, our demonstration gives people a feel for how amazing the aircraft really is,” Lowery said. Lowery was chosen as the demonstration pilot on the merits of his experience, maturity and ability in the cockpit. When not flying demonstrations, he is an instructor pilot with the 358th Fighter Squadron.

Lowery puts the fighter through a series of maneuvers not unlike the ones used to gain and keep control of enemy ground forces in the Middle East. “Our demonstration allows us



The 12th Air Force West Coast A-10 Demonstration Team, who will appear as part of the Tyndall Gulf Coast Salute 2000 April 1. From left to right: Master Sgt. Eileen Pattarozzi, Senior Airman Carlo Monticolo III, Staff Sgt. Adrian Hitz, Maj. James Marks, 1st Lt. Todd Henninger, Lt. Col. Jeffrey Lowery, Capt. Robert Brogan, Airman 1st Class Calvin Dingle, Staff Sgt. Richard Lopez, Senior Airman Dan Gonzalez and Staff Sgt. Steven Sepeda.

the opportunity to show the public the awesome power and maneuverability of the A-10,” Lowery said.

The technicians who keep the Warthog airborne are crucial to any flying operation. “This is a great opportunity to represent the Air Force by taking our jobs on the road. We are able to show the public what we do on a day-to-day basis and how it impacts the total Air Force mission,” said Staff Sgt. Richard Lopez, A-10 demonstration team maintenance crew member. The over-

all long-term success of the aircraft is a tribute to the maintainers of the equipment and planes.

“Members of the demonstration team are a good example of the quality of people we have in today’s Air Force,” said Master Sergeant Eileen Pattarozzi, A-10 demonstration team NCOIC.

Other members of the eleven-person team include narrators Maj. James Marks, Capt. Robert Brogan and 1st Lt. Todd Henninger. The team’s assistant NCOICs are Staff

Sgts. Richard Lopez, Steven Sepeda and Adrian Hitz.

Senior Airmen Daniel Gonzalez and Carlo Monticolo III, and Airmen 1st Class Calvin Dingle round out the team’s maintenance crew.

Everyone is excited about the chance to share Air Force pride with the nation. This select unit was handpicked to represent the 355th Wing, 12th Air Force and ACC. “Our team is excited about this opportunity to meet the public and show them what the Air Force is all about,” Pattarozzi. said

●**CLEAN from Page 3**

26 for you to spruce up your yards. I recommend you focus on the following areas:

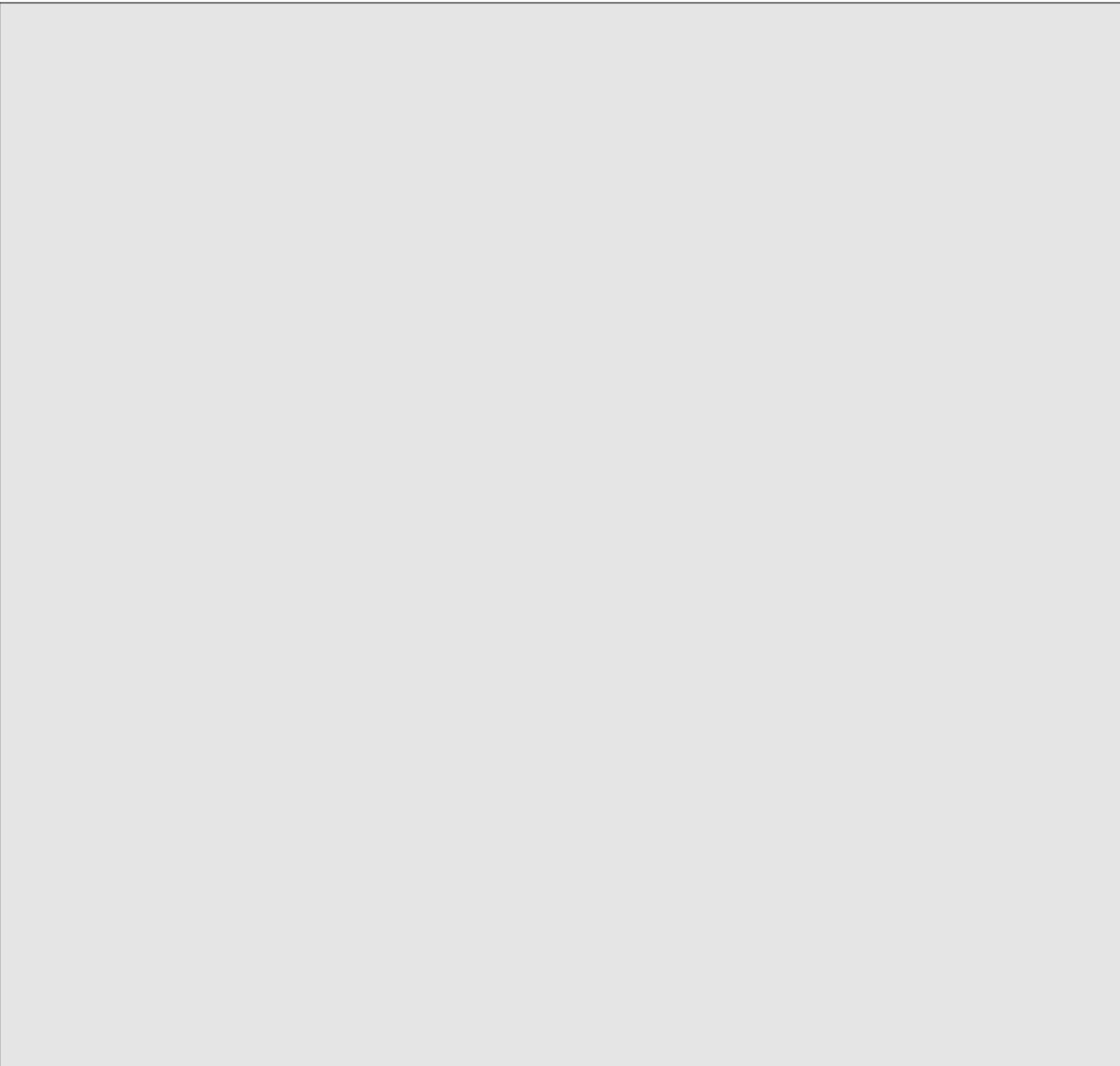
- Rake and mow your yards.
- Trim shrubs, weed plant beds and edge curbs.
- Sweep driveways and carports.
- Plant flowers. (Please order in advance from the housing self-help store.)

In housing areas, the civil engineers ask that you rake leaves and trimmings into a neat pile along the curb. On March 27, they’ll send a vacuum truck by to pick up your leaves and trimmings. This should make the cleanup simpler and quicker for occupants by eliminating the need to bag leaves. It is important that, should you choose not to bag the leaves, you leave them accessible

for the vacuum truck and not block the piles with parked cars. Please segregate large branches or other natural debris curbside for pickup by a different truck on March 27.

The family-housing self-help store is located in Building 3304, Prime Beef Road, and it has supplies to help housing residents in their cleanup effort, including: mulch, grass seed, plants, landscape timbers, fertilizer and spreaders. They are open from noon-7 p.m. Monday through Friday and from 8 a.m.-noon Saturdays. You can call them at 286-6495.

Please join me in keeping Tyndall a showcase installation. With your help, everyone, visitors and residents alike, will see the pride Team Tyndall has in itself and the Air Force.



# Viewpoint

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Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

## Safety stats

Category	'00	'99	Trend
On duty	0	0	0
Off duty	2	1	+1
Traffic	0	0	0
Sports	0	1	-1
Fatalities	0	0	0
DUIs	3	5	-2



## Commander's corner: Spreak break: A time for Team Tyndall to raise awareness

**Brig. Gen. Walter E. Buchanan III**  
325th Fighter Wing  
commander

Spring has arrived and so has Panama City's annual spring-break crowd. While Florida's panhandle is a great place to 'party' and spend off-duty time, I'd like to send a word of caution to all of you — **Don't Drink and Drive!!**

We all know that driving under the influence of alcohol can be a fatal mistake. More than 500,000 people are injured each year in alcohol-related traffic accidents — that's almost 10 times the amount of soldiers killed in Vietnam!

Alcohol impairs driving skills such as reaction time, coordination, attention, visual awareness and judgment. So make sure when you 'party' during **Spring Break 2000**, or any time, you designate a driver. There's no excuse for drinking and driving ... absolutely none!

Also, there are a lot of visitors in the area who are not familiar with our roads and who will be participating in the spring-break festivities — drive defensively especially when on the beach side.

Remember, we have an obligation to each other. There is no better embodiment of "service before self" than looking out for our friends and family.

This time of year not only brings spring breakers, but it also brings the **Special Olympics**.

What better way to celebrate life, than to watch special-needs athletes competing in events that require skills you and I probably take for granted.

This Saturday, Tyndall will hold the **28th Annual Area II Special Olympics**, 9:30 a.m. at the Tyndall Youth Center.

These games have been held at Tyndall since 1972. We have the longest running relationship between a military base and the

Special Olympics in the state of Florida — what an honor!

Please find some time to stop by and see the remarkable achievements of some *truly special* Olympians.

For more information or to volunteer, call Cyndi Owens, 283-4039 or Capt. Robert Brich, 283-7168.

Speaking of achievements, three Team Tyndall members were recently named as **Tyndall's Outstanding Information Assurance Professionals for 1999**.

The winners are:  
●**David Aguirre**, 325th Communications Squadron  
●**Staff Sgt. Kevin Doherty**, 325th CS

●**Staff Sgt. Clayton Kitchin**, 2nd Fighter Squadron

In the 'information age,' it's extremely important that we have professionals

who understand the significance and necessity of information assurance. I thank you for a job well done!

Being able to present you with the **IA Excellence Medallion** was a great honor! Congratulations once again. Keep up the good work.

Finally, I'd like to congratulate the 11 Tyndallites who made the **senior master sergeant selection list** this week!

Air Force wide, 1,405 of the 17,812 eligible were selected for promotion — a **7.89-percent selection rate**. Every person on Tyndall's list is recognized beginning on *Page 1*. Take the time to look at *our* list and congratulate those selected when you see them around the base.

To the senior selects, your hard work has paid off. Being promoted to senior master sergeant, is quite an accomplishment, a *milestone* in your careers. Congratulations to all of you. Wear your new rank proudly — you deserve it!

Have a great Air Force week.

## Action Line



Master Sgt. Rob Fuller

**Airman 1st Class Jamey Crawford, 325th Civil Engineer Squadron fire protection apprentice, receives his most recent certification from Brig. Gen. Buck Buchanan, 325th Fighter Wing commander.**

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors,

commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

**Brig. Gen. Walter E. Buchanan III**  
325th Fighter Wing  
commander

## Baby bed

**Q: I just purchased a baby bed from the Thrift Shop at Tyndall. When I got it outside in the sunlight, I noticed that it was scratched, broken and taped. I could not see this inside in the corner where it was displayed. I paid \$90 for this bed and I would like something done about it.**

A: I regret any inconvenience; however, there are several signs in the thrift shop that state "All Thrift Shop Purchases Are Final." In accordance with our policy, an item is considered purchased when it is entered into the cash register. Customers who change their minds after the purchase is entered into the cash register may not receive credit or exchange of an item(s). We regret that you did not notice the signs prior to your purchase. However, I have personally spoken to the Thrift Shop workers who were present, and they assured me that they examined the crib as they were assisting you in getting it out to your vehicle, and that it was in

good repair. They agreed that it had some scratches, but that is to be expected from used furniture. Regardless of scratches, the policy of buying items "as is" with no refunds allowed, is clearly posted throughout the Thrift Shop and is, I believe, a sound policy given the nature of the Thrift Shop's business. The items on sale are normally on consignment and therefore do not actually "belong" to the Thrift Shop. At what point would we draw the line on returns? It would quickly become unmanageable, and that is why we have a clear policy. Thrift Shop workers strive to provide the best customer service possible, and did offer to take your item back on consignment so you could recoup your money when it is sold again. However, they cannot make an exception to the no-refund policy. I would like to point out that all proceeds from the Tyndall Thrift Shop go to charity and that all workers are volunteers. We appreciate the hard work they do on their own time in providing this much-needed service.



# ‘Ol’ Glory’ searching for a little respect

**Master Sgt. Anthony Simlier**  
*325th Logistics Support Squadron*  
*first sergeant*

If Ol’ Glory — as it’s sometimes referred to — could talk, I believe it would sound a lot like Rodney Dangerfield himself. The American flag was originally adopted on June 14, 1777, and this year it will celebrate its 223rd birthday.

Still, after being around so long, it doesn’t seem to receive the respect it so rightfully deserves. Whether it’s due to lack of effort or just plain ignorance, a lot of people just seem to take the flag and what it symbolizes for granted.

Through the years, flags around the world have come to symbolize one thing or another. For instance, those of us who’ve donned chemical-warfare gear know what the red and black flags mean, but in earlier times they represented mutiny and piracy. The white flag has been used universally as a sign of truce or surrender. The flag at half-mast is a symbol of mourning and an inverted national ensign is a symbol of distress. The American flag has, to so many meant freedom, liberty and hope. Just think for a moment, is there another flag out there more commonly associated with freedom and liberty than that of Ol’ Glory?

Just recently, we recognized and remembered those men and women who made the ultimate sacrifice to protect this symbol and what it stands for. Yet in 1989, our own country went to battle in the courts to decide whether or not it was permissible under the First Amendment for a citizen to burn the American flag in protest of government policies. Certainly there’s got to be a better way to protest than to burn the stars and stripes!

I can’t help but wonder what some of those who’ve passed before us might say or do to those flag-burning individuals. I remember a story an instructor at the Air Force First Sergeants’ Academy told us about one such individual.

A senior master sergeant that I know told me that one day while sitting in his office in Guam, a young airman came dashing in saying, “first sergeant, you’ve got to help me.” But before he could open his mouth, through the door came an older, red-faced gentleman gasping for air. As the first sergeant sat there somewhat confused as to what was going on, the thin older man, began to play retreat, standing at the

doorway. He blocked by any chance of exit this young wide-eyed and fearful airman might have had. Before the shirt could say anything, the older man began reading the airman the riot act. He told him what he’d better do next time retreat was playing, and how he’d better show the flag the respect it deserves. He then turned to the first sergeant, apologized for barging into his office, but went on to say how he couldn’t stand to see anyone disrespect the flag.

This veteran served in Vietnam, and his job was to identify bodies, tag them and bag them. He learned the hard way what the flag meant and saw firsthand how many men died in that war trying to preserve and restore peoples’ freedom.

The older man then turned and walked out of the office. The airman turned to the first sergeant and told him he’d learned his lesson and wouldn’t ever forget the significance of the flag. That would be the last time he’d run for shelter upon hearing retreat sound. So, without uttering a single word, this first sergeant solved another problem.

So what do we do when we hear reveille or retreat sound? Simple! Stop, turn

toward and face the flag. In a situation where you can’t see the flag, turn toward the music. At the first note of the National Anthem or ‘To the Colors,’ salute proudly. If in civilian attire, stand at attention. In addition, all vehicles in motion should come to a stop, and all the occupants should sit quietly until the last note of the music is played.

Sure, a lot of you know this, but to this day we still see cars driving along even though others are stopped. Also, there’s still an individual here and there running for cover or making a U-turn back into the building upon hearing retreat sound. You might want to let others know proper protocol and procedures too.

To this day, standing in formation during retreat isn’t what a lot of people rate as their favorite thing to do, but it’s certainly a far cry from the sacrifices others have made to allow that flag to fly over this great country. I can’t help but feel a sense of pride in what I do and why I’m doing it when I see that flag wave in the air. The pride I feel can be attributed to two, powerful words; words the American flag so strongly and vividly represents; **strength and freedom!** Remember, freedom isn’t something that’s missed until it’s gone. Ask any former prisoner of war.

## Aerospace power

# Air Force training instills warrior mentality into troops

**Capt. John N. Bryan**  
*Air Education and Training*  
*Command*  
*public affairs*

**RANDOLPH AIR FORCE BASE, Texas (AETCNS)** — A new rallying cry can be heard repeatedly rumbling through the confidence course and on the drill pads at Air Force Basic Military Training.

One airman yells, “AIR POW-ER!” Then dozens shout their response, “A-E-F!”

These enthusiastic calls represent the new warrior mentality stressed in today’s Air Force training for new recruits.

Because the Air Force is transitioning from a 20th century air power to a 21st century expeditionary-oriented air and space power, a cultural change is requiring all airmen to have a global, mobile-warrior mindset. And, Air Education and Training Command is changing its Basic Military Training operations in order to keep pace with this Expeditionary Aerospace Force concept.

To support expeditionary operations, AETC initiated Warrior Week, a major change to Basic Military Training designed to educate new airmen on deployment skills, as well as instill in

them the aerospace warrior-mindset.

Begun in October 1999, Warrior Week takes place during the fifth week of enlisted basic training at Lackland AFB, Texas. The week sets the expectation of an expeditionary environment in the new airmen by teaching them how to successfully operate in field conditions.

“This marks the beginning of a necessary transformation of our culture and mindset,” said Chief Master Sgt. of the Air Force Jim Finch, at a ceremony culminating the first Warrior Week Oct. 9, 1999. “You’ve gained the basic knowledge and skills to help you

understand deployment environments and how you must operate within them.”

Warrior Week training includes going through mobility processing, M-16 weapons orientation, learning how to set up defensive fighting positions and establish field security and communications and recognizing unexploded ordnance. It also teaches self-aid and buddy care,

defensive reactions to nuclear, biological and chemical warfare, the Laws of Armed Conflict and the Code of Conduct.

According to Tech. Sgt. Bryan Blue, section supervisor for Warrior Week, “The goal is for airmen to leave with the basic skills necessary to succeed while assigned to an Aerospace Expeditionary Force anywhere around the world.”

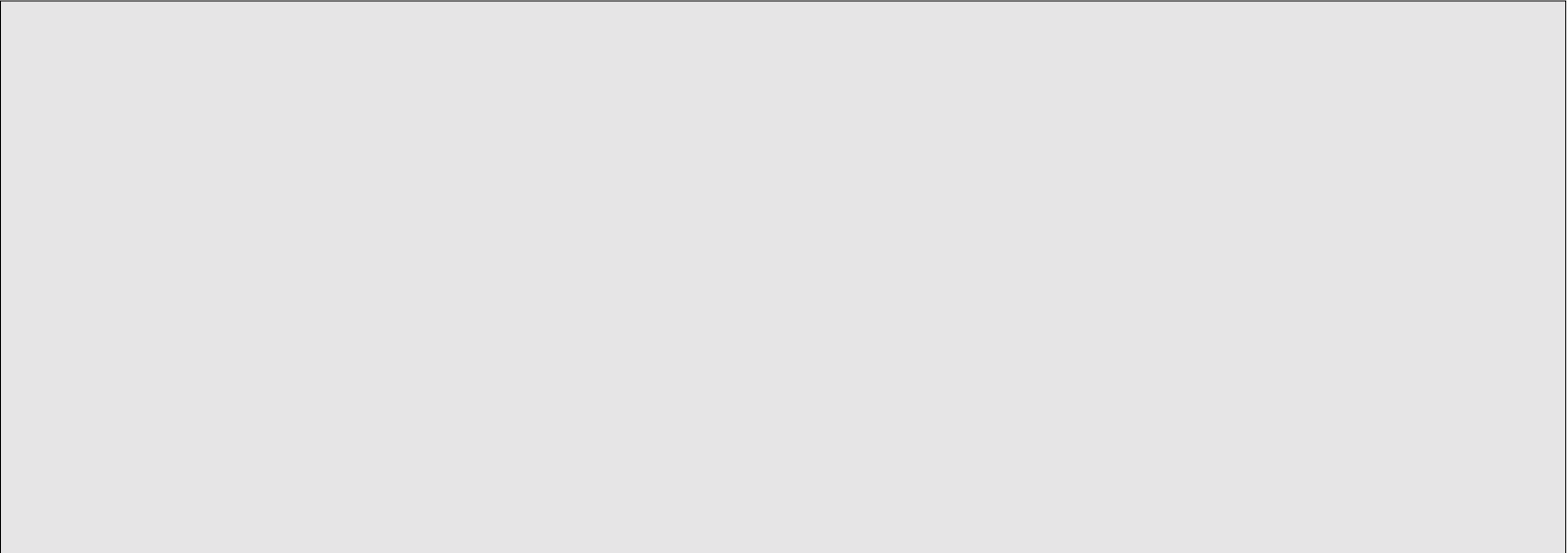
A ceremony marks their



transition from “trainee” to the title of “airman” when they successfully complete Warrior Week. At this ceremony, the Military Training Instructors present each airman with the “U.S.” lapel insignia and the coveted Airman’s Coin. The “U.S.” insignia recognizes that they are now authorized to wear “blues”— the full service dress uniform — for the first time in their Air Force career.

The coin carries additional special significance. It features an eagle and the phrase “AERO-SPACE POWER” encircled by

●Turn to WARRIOR Page 7



●**WARRIOR from Page 6**  
the words “AWARDED ON THE OCCASION OF BECOMING AN AIRMAN IN THE WORLD’S BEST AIR FORCE.”

The other side of the coin depicts the Air Force’s heritage and core values. It’s anchored by the traditional “Hap Arnold” wings and star, which signify our roots in the Army Air Corps. As a reminder of the Air Force’s birthday, “1947” is inscribed below the wings. Both elements are encircled by the Air Force Core Values: “INTEGRITY FIRST, SERVICE BEFORE SELF, EXCELLENCE IN ALL WE DO.”

“The coin is a symbol of not only my hard work, but the hard work my flight has put in as well,” said Airman Ryan Hunnington, 25, at the Feb. 25 Warrior Week culminating ceremony. “It (the coin) is a symbol of our core values,” added Hunnington, of Richmond, Maine, who is heading to the explosive ordnance technical training school after completion of BMT.

Airman Jennifer Park, 20, from New Jersey, added, “It was a great chance for me to learn how the military works and what things would be like if deployed to a forward base. The coin is a great idea and symbol of what I’ve accomplished, and is something I’m going to look back at in time and remember.”

A uniform item has also been

created to bolster the expedition-ary mindset introduced by Warrior Week. A black Battle Dress Uniform T-shirt will display a logo design based on the front of the Airman’s Coin, featuring the same eagle, fiercely clawing its way out of a fiery red background above the words “AEROSPACE POWER.” The shirts are authorized for all AETC personnel as an optional BDU item and are tentatively scheduled to be available through military clothing sales stores beginning March 24.

“The global climate is constantly changing and so is the Air Force,” said Maj. Gen. Andrew Pelak, 2nd Air Force commander, who oversees all basic and technical training for AETC. “Warrior Week, the presentation of the Airman’s Coin and the ‘U.S.’ insignia to the trainees and the distinctive Aerospace BDU T-shirt serve to help introduce and sustain the EAF mindset.”

“As the Air Force changes its operations to be more responsive to future demands on our nation’s aerospace capabilities, our beginning enlisted training now reflects that new direction,” Pelak added. “Basic Military Training has always focused on core values, teamwork and discipline, but now it also lays the foundation for airmen to succeed in an AEF.”

“I feel very good about myself now that I’m an airman and am part of the Air Force team,” Park said.

# Spotlight



Senior Airman Oshawn Jefferson

## Senior Airman Tanesha Foster

**Squadron:** 325th Maintenance Squadron

**Job title:** Information management apprentice

**Years at Tyndall:** One year, four months

**Years in Air Force:** One year, eight months

**Hometown:** Jacksonville

**Why did you join the Air Force:** To travel and learn a trade that I can use in the future.

**What is the most exciting facet of your job:** The fact that I get to do a very unique job.

**Short-term goals:** Financial independence, finish my career-development courses and start college.

**Long-term goals:** To make staff and then technical sergeant, finish school and continue to live life to the fullest.

**Favorite book:** “Bible”

**Favorite movie:** “Sixteen Candles”

**Hobbies and off-duty activities:** Watching old movies, hanging out with friends, shopping and mentoring kids at Cedar Grove Elementary.

# Quick, easy energy tips

●Office equipment can account for 10-20 percent of a building’s energy consumption. If a piece of equipment is not in use, turn it off.

●Use ventilating fans wisely. In just one hour, these fans can blow away a house full of warm or cool air.

●Replace bulbs throughout the house with bulbs of the next lower wattage.

●Keep appliances and equipment away from air-conditioner thermostats. Heat from the equipment causes the air conditioner to run.

# BELT OUT A TUNE



**Thursday is karaoke night at the Pelican Reef Enlisted Club. Show up and sing or listen from 8 -11 p.m.**



# Features

## Team Tyndall couple ‘volunteers’ to spend every week in ... Paradise

**2nd Lt. Catie Devlin**  
*325th Fighter Wing*  
*public affairs*

Along the gulf coast of Florida’s panhandle, lies an elite ‘country club’ — 29,000 acres that include an 18-hole, waterfront golf course, white-sand beaches, a boating marina, dining clubs and a clean hotel with great service and reasonable prices. Many of us know it as Tyndall AFB — Bob and Dee Thedford call it “paradise.”

The Thedfords, who have a house on the west-end of Panama City Beach and a cabin in Bruce, Fla., have been married for 42 years. Although Bob served 21 years in the Air Force and six in the civil service, the couple can’t seem to get enough of Air Force life.

“We’ve been driving down to Tyndall every week for three years now,” Bob said. “We call ahead, make reservations at the Sand Dollar Inn and come out on Wednesday. We normally leave Thursday afternoon, but if the fishing’s good we might stay for two or three days — we celebrate almost every anniversary here.”

Dee shared her husband’s sentiment, especially about Tyndall’s accommodations. “We always stay at the Sand Dollar Inn; it’s fantastic,” Dee said. “The service is great, everything is clean, the staff is extremely courteous and you cannot believe how helpful housekeeping is. Anything you ask for, they’ll get — they’re very friendly.”

Bob agreed. “The people in reservations are incredible,” he said. “We know all of them, and they know us.”

The Sand Dollar Inn staff had nothing but praise for their weekly guests. According to Staff Sgt. Bill Lowder, 325th Services Squadron lodging operations NCO, and Traci Holt, 325th SVS reservationist clerk, the Thedfords are the kindest, most thoughtful people the inn has the pleasure of serving on a continuous basis.

However, the Thedfords don’t travel 60 miles every week just for the ‘room service.’

“After we check in on Wednesday, we normally have dinner at the Officers’ Club,” Bob said. “The food is outstanding, and we have a group of retirees that meet there every Wednesday night — a group of regulars that get together and socialize.”

Dee added, “We go to the club for the companionship. We’re the first ones there, but not the last to leave.”

Basically the Thedfords frequent all the facilities. “We dock our boat at the marina, get our hair cut at the barber shop, shop at the furniture store, the base exchange and the commissary,” Bob said. “We visit the library too.

“Once you’re retired and you have a fixed income, you don’t pinch pennies, but you do start taking advantage of the services an Air Force career grants you,” he said. “Until you get to be our age, you don’t realize what problems can occur — at Tyndall we don’t have to worry about a thing.”

Although it seems that the Thedfords only visit Tyndall to enjoy the atmosphere, the company and the facilities, there is actually another reason they stop by on a weekly basis. “We



Dee Thedford, Tyndall volunteer, takes inventory and organizes the baby clothes available for free in the Airman’s Attic.

do this for two reasons — one, we enjoy it, and two, it allows us to be here early Thursday for our volunteer work at the Tyndall Thrift Shop,” Bob said. “It’s our way of giving back to the Air Force after everything they’ve done for us.”

Bob and Dee have been volunteering at the Airman’s Attic and the Loan Closet since August 1999. “The attic is for E-4 and below,” Dee said. “Most of the items are donated, but the Officers’ Wives’ Club Thrift Shop gives us money to buy other things. Airmen can come in and pick up what they need for free; they are limited to five items a month.”

Although the Airman’s Attic receives a lot of donations from all ranks, there are some items they do not accept. “We don’t take adult clothing or adult shoes, but we do welcome toddler clothing, toys, dishes and stuff like that,” Dee said.

The Loan Closet, which is for all Air Force, retiree and civil service members, provides items for more of a temporary use. “It’s great for people who PCS here before their household goods arrive,” Bob said. “They can come over and get dish kits, for two to six people, futons, baby cribs, high chairs, coffee makers, toasters and more. Borrowed items can be kept up to 90 days with the extensions. The Loan Closet keeps people from having to go out and buy all new stuff.

“Retirees can even stop by and borrow car seats or playpens if their grandkids come down to visit,” Bob said. “It’s nice to be able to help people out like that.”

The Thedfords seem to not only enjoy their surroundings, but also the work they do. “Volunteering makes us feel so good,” Dee said. “It’s a nice way to help others. Plus, it’s educational and keeps us active.”

The Thedfords highly recommend both visiting Tyndall and volunteering on a regular basis. “Tyndall’s a great community — it’s a family,” the Thedfords said. “It’s a way to keep involved in the Air Force even after you’re retired. Once you’re in the Air Force, you’re always in the Air Force.”



Senior Airman Beatrice Lopez, 325th Services Squadron lodging desk clerk, checks Bob and Dee Thedford into the Sand Dollar Inn for their weekly Wednesday-night stay.



# Roger Kelley: Father of the all-volunteer force

**Staff Sgt. Mona Ferrell**

*325th Fighter Wing  
public affairs*

On Dec. 7, 1941, waves of Japanese aircraft executed an unprovoked attack on Pearl Harbor, smashing the United States Pacific fleet. This infamous date changed millions of lives forever; one of these was the life of Roger Kelley.

At the time, Kelley was enrolled in a one-year program at Harvard Business School in Boston. After the Pearl Harbor attack, students in the one-year program were offered the chance to enroll in a two-year program. Upon completion, the graduates would become reserve officers in Navy ordnance. Kelley wasn't satisfied with this arrangement; he wanted to join the war effort immediately.

"I could see no connection between naval ordnance and the two-year program in business school," Kelley said. "I didn't feel right about staying in school with a war going on. So I went to Washington one weekend and requested active-duty orders with my classification changed from ordnance to deck officer. My request was approved."

Thus began Kelley's association with the

U.S. Navy. His first assignments included duty as deck officer aboard a coastal mine-sweeper and temporary duty aboard a British antisubmarine patrol ship. Later he commanded an armored personnel carrier in the Seventh Amphibious Force in the southwest Pacific, before returning to the states to command a training ship on the eastern seaboard.

Although Kelley was only in the Navy four and a half years, it was the training he received through his service commitment that prepared him for his life ahead — a life of leadership both in and out of the military.

"I learned a lot about leadership during my command assignments — how to respond to the needs of a ship's company, how to maintain discipline and order aboard ship," Kelley said. "So when I left the Navy in 1947, the direction of my working life was clear; I wanted to do something that involved people — I wanted to work *with* people and *for* their best interest."

Kelley's compelling interest in the "people" side of business led to a position in the personnel department of a relatively small company — Trackson, a subsidiary of the Caterpillar Tractor Co. that makes front-end shovels and other equipment for CAT

machines.

"I worked in the factory for a year, in daily contact with the employees and the labor union representing them," Kelley said. "We didn't always agree with the union, and they didn't get all they asked for. But there was trust and mutual respect in our company-union relationship."

Kelley became Caterpillar's labor-relations manager in 1953 and the vice president of the company in 1964. Five years later came the biggest challenge of Kelley's life — he was asked to become Assistant Secretary of Defense for Manpower and Reserve Affairs.

"When Richard Nixon was campaigning for the presidency in 1968, he promised the nation that if elected, he would order a comprehensive study of the military draft system," Kelley said. "This study would be aimed at determining the feasibility of replacing the selective-service draft with an all-volunteer force. My job was to coordinate that study with the four services and a civilian commission headed by Thomas Gates, former Secretary of Defense," he said. "The study exposed a number of flaws in the draft system, and it became increasingly clear that we should endeavor to replace the draft with an all-volunteer force."

Kelley combined his savvy business sense with his military and people skills to get the job done. "How does one 'sell' the all-volunteer force to a skeptical Congress and to military leaders who had relied on the draft for nearly 30 years?" Kelley asked. "Where does one find the essential components of an all-volunteer force? And, once found, how can they be implemented?"

"I knew that the answers to these and other questions were not to be found inside the Pentagon," he said. "I had to get away from Washington and find the answers by talking to military people at work."

Kelley spent a year doing just that. He got

his boots muddy talking with Army soldiers in the field, boarded aircraft carriers to listen to Navy sailors, pounded the tarmac along side airmen fixing jets and lived the experiences of the Marine Corps.

"I asked members of all four services what was good about our armed forces, where were we deficient, what was needed to create an all-volunteer force," Kelley said. "The

combination of their free comments and responses formed the blueprint for the all-volunteer force."

The last person was drafted into the military in November 1972. While Kelley was a major force in the creation of the all-volunteer force, he gives most of the credit to the cooperation and support of

the military commanders. Even though there was no single, chief architect, Kelley stated that Melvin Laird, former Secretary of Defense, made the all-volunteer force possible in spite of strong opposing forces.

Kelley, who is now retired and resides with his wife in the Panama City area, continues his dedication to the military. He recently held panel discussions at Tyndall, talking to Air Force members of all ranks about today's military. From time to time, he speaks to community groups about the importance of a strong military force.

"I try to keep myself updated on military affairs," Kelley said. "A strong military force is essential to the preservation of American ideals and freedoms. Whether we like it or not, our armed forces will be called upon to protect our national interests in other parts of the world. The U.S. armed forces represent our first line of defense, and we must support them."

Kelley's lifelong dedication to people and the U.S. military has greatly improved the way individuals are treated. Not only was Kelley influential in helping create an all-volunteer force, but through his work he's created a better quality of life.

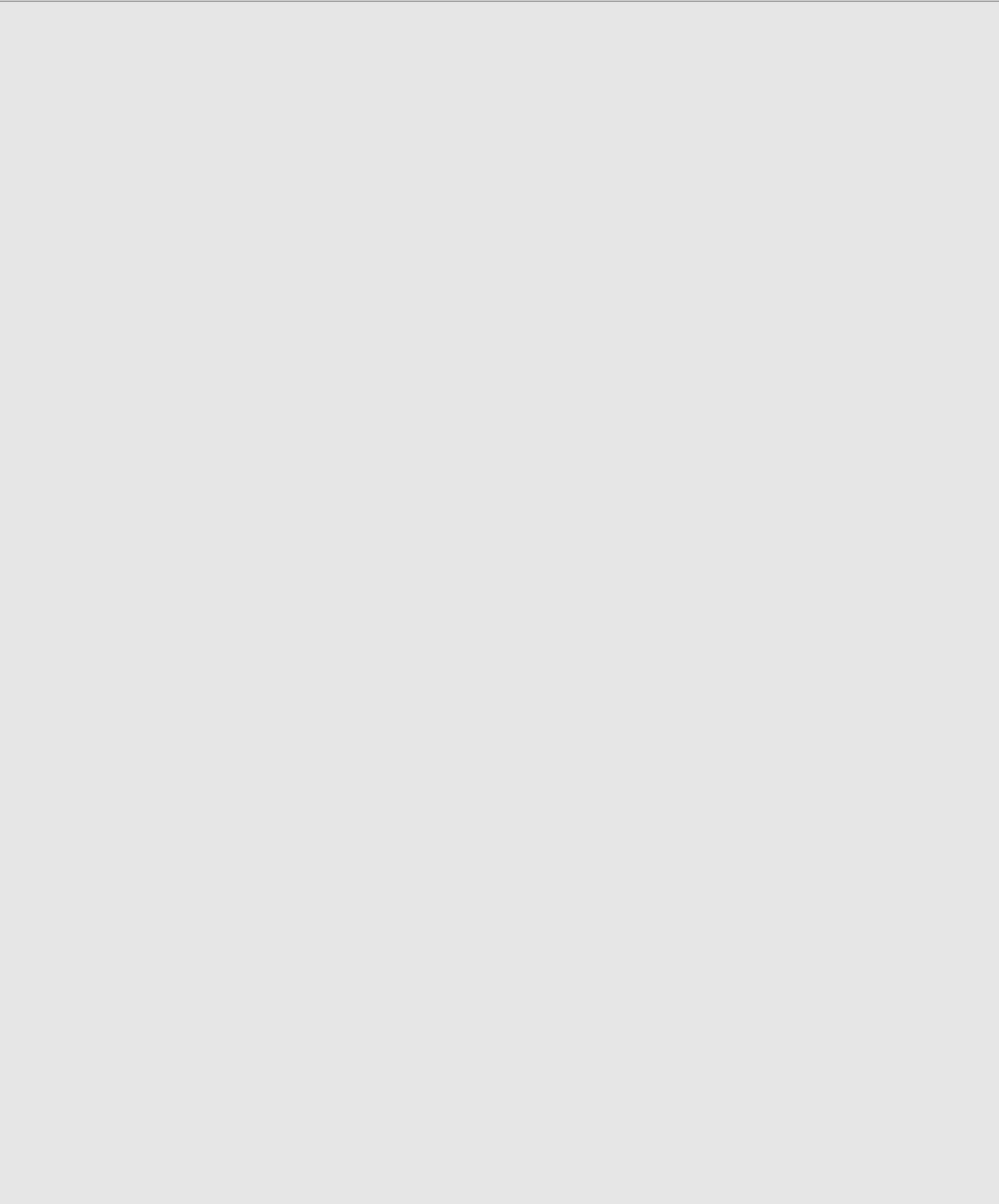


Photos courtesy of Roger Kelley

Roger Kelley, Navy skipper, stands at the helm of U.S.S. Armored Personnel Carrier-10 during the 1940s.



The Kelley Family poses for a picture in Roger Kelley's Pentagon office when he was the Assistant Secretary of Defense for Manpower and Reserve Affairs.





# ‘Spring Cleanup Week,’ fire prevention work hand-in-hand

**Robert D. Anderson**  
*325th Civil Engineer Squadron*  
*fire prevention flight assistant chief*

Traditionally, spring is the time of year we assist nature in beautifying our working and living environment.

Every year we are asked to clean up flammable and general-storage areas, workshops and areas around our buildings. This is an opportunity to dispose of material that no longer serves a purpose in our workplace and at home.

This year, March 20-26 has been designated “Spring Cleanup Week.” The goal of this week is to make our work and living environment safer and to amplify Tyndall’s high standard of cleanliness and beautification for all to appreciate.

Performing a comprehensive cleanup in our work and living areas, by removing clutter, trash and debris, plays a major role in fire prevention. Spring cleanup allows us to identify areas that are often neglected and eventually could cause a fire. The following

are just a few locations that need our special attention:

- Laundry rooms accumulate excessive lint and dust. Clean behind and underneath washers and dryers to remove lint and debris. Clear the lint-exhaust routes from the dryer lint hose leading to the outside of the building or home.
- Kitchens and kitchenettes accumulate dirt and grease build-up around the stove and exposed areas. Part of the stove that is often neglected is under the cooking surface where food and grease splatter. Gas stoves will have limited movement because they have fixed connections, so use caution when cleaning around them. Clean around refrigerators, microwave ovens, inside toasters and any other appliances that may have heat-producing equipment surrounded by dirt and sludge makes a dangerous combination. Never use stove ovens and broilers to store pots and pans.
- Air vents expel dust on the ceilings and walls. The interior finish will lose its fire resistive rating if dust is allowed to accumu-

late. In most cases, vacuuming or cleaning the ceiling and walls with a hand brush will do the job.

- Check janitorial closets, storage closets and projection rooms. Every workplace and home has a “junk room” that becomes a catch-all for storing material. These areas need to be cleaned to help reduce the possibility of fire.
- Ensure there is no storage in attics and mechanical rooms. Maintenance personnel must have access to these areas at all times.
- Be sure you check your smoke and carbon-monoxide detectors for dust and dirt accumulation. Foreign debris inside detectors could cause inadvertent alarm activation. This is a good time to test them to make sure they are operating properly.

Military family-housing occupants are strongly encouraged to participate in the spring cleanup effort. Most of the above items discussed can also be accomplished in the home. Good housekeeping will help protect you, your family and your home against fire.

Though contractors do most of the yard

work for government buildings, there is still plenty of work that each unit can do to instill organizational pride. Civil engineering will provide equipment and a schedule for debris pickup. They will supply garbage bags and rakes from the self help store, Building 449, but you must provide your own gloves.

Debris raked from around buildings should be placed in dumpsters. Housing residents should bag their leaves and place bulky items on the curb for pickup. For more information, call 283-4887.

Base personnel and military family-housing members requiring disposal of any hazardous waste (pressurized spray cans, oil and cleaning solvents) may contact the civil engineer environmental flight, 283-4354, for disposal information.

When spring cleanup is complete, good housekeeping should be maintained throughout the year. “Spring Cleanup Week” and fire prevention work hand-in-hand to protect our community against fires and make Tyndall a place for everyone’s enjoyment. For additional fire prevention information, call the fire prevention office, 283-2909.

## F-22 Raptor fact

The F-22 is equipped with a M61A2 internal long-barrel 20 millimeter cannon. The cannon can hold up to 480 rounds of ammunition. The F-22 is also capable of carrying existing and new air-to-air weapons. These include a full complement of medium-range missiles such as the AIM-120A advanced medium-range, air-to-air missile and short-range missiles such as the AIM-9 Sidewinder.



courtesy photo

## Tyndall’s chapel schedule

<b>Protestant</b>	Mass: 5 p.m. Saturday, Chapel 2
Communion Service 9:30 a.m. Chapel 1	Mass: 9:30 a.m. Sunday, Chapel 2
General Protestant Service 11:00 a.m. Chapel 2	Religious education: 10:40 a.m. Sunday, Chapel 2
Sunday school 9:30 a.m. Chapel 2	<b>E-mail:</b> <a href="mailto:325fwhc@tyndall.af.mil">325fwhc@tyndall.af.mil</a>
Kids’ Club 2:45-5:45 p.m. Wednesday	Chapel 1: 283-2691
<b>Catholic</b>	Chapel 2: 283-2925
Daily Mass: noon Monday through Friday, Chapel 2;	Spiritual Maintenance: 283-2367
Reconciliation: 4 p.m. Saturday	<b>Other faith groups:</b> Call 283-2925

Your link  
to what's going on

# Gulf Guide

in the  
Tyndall community

MARCH

**FRI 17** **AFAF fund raisers**  
Two Air Force Assistance Fund fund raisers, sponsored by the Tyndall Company Grade Officers' Counsel, are 9 a.m.-2 p.m. today at the base service station. In exchange for donations, CGOC members will pump your gas, wash your windows, check your oil and take your money to the attendant, as well as hold a '50's car wash at the same time, in the same place. For more information, call 1st Lt. Lori Vessels, 283-2086.

**Embry-Riddle registration**  
The last day to register for Embry-Riddle Aeronautical University's spring-B term is 8 a.m.-4:30 p.m. today in the education building, Room 48. For more information, call 283-4557.

**SAT 18** **Special Olympics volunteers**  
More than 400 volunteers are needed for the Area II Special Olympics games 9:30 a.m. Saturday at the Tyndall Youth Center. For more information, call Cyndi Owens, 283-4039 or Capt. Robert Brich, 283-7168.

**MON 20** **Stress workshop**  
A stress-management workshop will be 11:45 a.m.-1 p.m. Monday, Tuesday, Wednesday and March 24 in Building 532 on the flightline side of the base. For more information, call family advocacy, 283-7272.

**TUE 21** **AFSA meeting**  
The Air Force Sergeants Association's general membership meeting will be 11:30 a.m. Tuesday in the community activities center. The meeting is open to all active and retired personnel.

**Sponsor training**  
The family support center offers sponsor training at 8 a.m. on the first and third Tuesday of each month. Air Education and Training Command requires that all sponsors receive training within the preceding 12 months of being assigned as a sponsor. For more information or to register, call 283-4204.

**'Recruit the Instructor' visit**  
A 'Recruit the Instructor' visit will be 3 p.m. Tuesday at the Tyndall Officers' Club to recruit junior officers to educate and train future Air Force members as Reserve Officers' Training Corps and Officers' Training Corps instructors. For more information, call 2nd Lt. Prince Hall, 283-8369.

**Easter cantata rehearsals**  
Easter cantata rehearsals will be 6:30-8 p.m. Tuesdays in Chapel 2. For more information, call 283-2925.

**WED 22** **Women's history luncheon**  
The Women's History Month luncheon will be 11 a.m. Wednesday at the Tyndall Officers'

Club. Neysa Troutt, News Channel 7 newscaster, will be the guest speaker. The cost is \$7 for club members and \$9 for non-members.

**THU 23** **Job fair**  
A job fair will be 8 a.m.-1 p.m. Thursday at Haney Technical Center, Building 3016, off Highway 77. The fair will be oriented toward services and 'blue-collar' jobs. For more information, call the family support center, 283-4205.

**Family-housing, town-hall meeting**  
A town-hall meeting for military family-housing members will be 7 p.m. Thursday at the youth center. The meeting will provide occupants the opportunity to voice their concerns.

**FRI 24** **'Bonehead Reunion'**  
The 95th Fighter Squadron's 58th Annual 'Bonehead Reunion' will be April 7-8. The deadline for signing up is noon March 24. Former members of the 95th FS, the 82nd Fighter Group and anyone who would like to meet those who served before us, are invited to attend. For more information or to make reservations, call 2nd Lt. Mary Redick, 283-2910.

**Bowling tournament**  
A bowling tournament, sponsored by the 325th Maintenance Squadron, will be noon-4 p.m. March 24 at Tyndall's Raptor Lanes. The cost is \$10 per person with a five-person team. One team is authorized per squadron. For more information, call 1st Lt. Lori Vessels, 283-2086.

**'Best Beginnings' class**  
The next 'Best Beginnings' class for expectant parents will be 8 a.m.-noon March 24 in the family support center classroom. Topics will include common pregnancy discomforts, finances, couples' communication and baby safety. The Air Force Aid Society will provide a layette to each participating family. For more information and registration, call 283-4204.

**SAT 25** **Saturday tax clinics**  
Saturday tax clinics will be 9 a.m.-3 p.m. March 25 and April 8 at the base legal office. For more information, call Senior Airman Wendy Kineard, 283-4681.

**WED 29** **AFAF luncheon**  
The Air Force Assistance Fund's appreciation luncheon will be 11 a.m. March 29 at the Tyndall Officers' Club. For more information, call 1st Lt. Lori Vessels, 283-2086.

NOTES

**Computer resource center**  
The Tyndall Family Support Computer Resource Center staff is available to assist with employment, scholarship and resume matters. Civilian and Department of Defense ID-card holders and eligible family members are invited to use the services. For more information, visit the family support center, Building 745, 7:30 a.m.-4:30 p.m. Monday-Friday or call 283-4204.

RETIREE NEWS

**Social Security benefits**  
When a person receiving Social Security benefits dies, a family member or someone responsible for the beneficiary's affairs should do the following:  
● Promptly notify Social Security of the beneficiary's death by calling Social Security affairs, (800) 772-1213.  
● If monthly benefits were being paid via direct deposit, notify the bank or other financial institution of the beneficiary's death. Return any funds received for the month in which the beneficiary died to Social Security as soon as possible.  
● If benefits were being paid by check, do not cash any checks received for the month in which the beneficiary died or thereafter. Return the checks to Social Security as soon as possible.

As for one-time, lump-sum death benefits: A one-time payment of \$255 is payable to the surviving spouse if he or she was living with the beneficiary at the time of death or, if living apart, the spouse was receiving Social Security benefits on the beneficiary's earnings record. If there is no surviving spouse, the payment is made to a child who was eligible for benefits on the beneficiary's earnings record in the month of death.  
For more information, go to the Social Security web site at: [www.ssa.gov](http://www.ssa.gov) or call, (800) 772-1212.

YARD SALES

The following yard sales are scheduled for Saturday: 2818-B Falcon St., 2809-B Falcon St. and 2884-B Sabre Drive. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

**Today:** "Cradle Will Rock" (R, adult language and sexuality, 135 min.)  
**Saturday:** "Cradle Will Rock" (R, adult language and sexuality, 135 min.)  
**Sunday:** "The Talented Mr. Ripley" (R, violence, adult language and brief nudity, 139 min.)  
**Thursday:** "The Talented Mr. Ripley" (R, violence, adult language and brief nudity, 139 min.)

BERG LILES DINING FACILITY

**Today:**  
Lunch: beef fajitas, barbecued spareribs  
Dinner: grilled pork chops, chicken jambalaya  
**Saturday:**  
Lunch: simmered Polish sausage, fried chicken  
Dinner: mostaccioli with basil sauce, stir-fry beef with broccoli  
**Sunday:**  
Lunch: steak ranchero, pork-chop suey  
Dinner: hamburger yakisoba, fish and chips  
**Monday:**  
Lunch: barbecued ham steak, cheese manicotti  
Dinner: spaghetti with meat sauce, herb-baked chicken

**Tuesday:**  
Lunch: zulas spinach-cheese biscuit wrap, turkey enchiladas  
Dinner: pepper steak, southern-fried chicken

**Wednesday:**  
Lunch: hot-and-spicy chicken, Cajun meat loaf  
Dinner: baked tuna and noodles, Mr. Z's finger-lickin' baked chicken

**Thursday:**  
Lunch: beef pot pie with biscuit topping, orange-spiced pork chops  
Dinner: pineapple chicken, stuffed cabbage rolls

Menus are subject to change.



# Women’s health critical for deployment

## Health of female troops important to success of Air Force mission

**Rudi Williams**  
*American Forces Press Service*

ARLINGTON, Va. (AFPN) — “We live in a world where we’re not just dealing with bombs and bullets, we’re dealing with ‘the next deep breath could kill you,’” Sue Bailey recently told an audience in Alington, Va.

Bailey, assistant secretary of defense for health affairs, was the first speaker in a series of monthly “brown-bag-lunch” lectures on women’s health issues at the Women in Military Service for America Memorial in Arlington National Cemetery, Va. Her recent talk on health issues of deploying women coincided with the start of National Women’s History Month.

“Women are an integral part of the group that goes to war, either as part of our medical team or in any way we ask them to do so,” Bailey said. “We’re the health maintenance organization that goes to war.”

The Department of Defense’s top doctor said safeguarding military women’s health is an essential part of her responsibilities. A Naval Reserve officer, Bailey emphasized that women’s health is important to the military’s success in peace and war because women today serve in more military occupational specialties than ever before.

“They’re generally kept out of the so-called combat areas, but today, there’s no safe area to the rear,” she said. “Injuries are part of what happens when people go on deployment. In thinking about force health protection, it’s important we think about how people get injured in a deployment, sometimes unrelated to combat.”

Heat injuries are a major health problem, Bailey said. Troops who wear chemical and biological protective clothing improperly can suffer dehydration, heat stroke, heat cramps or heat exhaustion. But, she said, there are

many ways to combat heat injuries.

Solving health problems for women also helps men who are exposed to the same kinds of injuries, Bailey said. “Orthopedic injuries are of real importance to us because women have a higher incidence of stress fractures than men,” she noted. DOD scientists’ research in bone density, bone geometry and gene mutation may help protect women — and men — against orthopedic injuries, Bailey said.

Equipment often isn’t designed with women in mind — or some men, so research geared toward improving equipment, weapons and clothing benefits both genders, she noted. Pilot seats, helmets and flak jackets are just a few examples of force protection essentials that need to be designed so both genders can use them, she said.

“Motor vehicle accidents are one of the main causes of injuries to troops on deployment worldwide,” Bailey said. “These are non-battle injuries” — and women are just as at risk as men.

“We need to do everything we can to make deployment as safe and healthy as possible,” she said. “Even though we have some special hygiene, privacy and specific medical problems that relate to women, that doesn’t keep us from serving fully.” Bailey expressed concern about urinary tract and gynecological infections in women because “they go hand-in-hand with lack of privacy and need for good hygiene.”

Sometimes it’s difficult to maintain good hygiene on deployment, but more than a woman’s or man’s personal responsibility is involved — unit commanders and other leaders bear responsibility for providing the best possible conditions for good hygiene under their particular circumstances, she said.

For example, she said, commanders should ensure men and women have clean bath

facilities during long hauls like Kosovo and Bosnia. Women should also have adequate supplies for personal hygiene and increased fluid intake, particularly in high-heat situations, she added.

“Most of the time, women have been ingenious in finding ways around problems that people thought would keep them out of the foxholes in the past,” Bailey noted. She talked about a firsthand experience “rocking and rolling” in a transport flying from Albania to Kosovo. She and her senior enlisted adviser, Navy Master Chief Karen Sayers, learned the only toilet on board was a can in the back of the plane, she said with a hearty laugh.

“But it gets worse. The can was set up down inside some boxes!” she said. “We accomplished it. But that was better than another time when we were going into Haiti.” The facility that time was a relief tube — a funnel on a pipe sticking out a hole in the fuselage.

Pregnancy tops the list of health issues relating specifically to women, Bailey said. Prior to deployment, women should receive an adequate supply of birth control pills or whatever contraceptive method they choose. Unplanned pregnancy is a major issue for women, particularly in the military, she noted.

Bailey said the Army has a working group that focuses on predeployment pregnancy screening. It’s important, she said, because 70 percent of the women found to be pregnant during the Bosnia operation were pregnant before they deployed.

Knowing whether a woman is pregnant before a deployment is extremely important because service members are required to take vaccines and other medications to protect themselves in the field, Bailey noted.

“People wonder sometimes why we’re so focused on anthrax, because there are a lot of other agents people could use against us — plague, smallpox,” Bailey said. “But anthrax is the number one leading biological agent that could be encountered during a deployment. The number two, three, four and down

the list of other agents are far less likely to be used — they’re very difficult to stabilize and weaponize.”

She said America’s enemies are more likely to use anthrax because it’s cheap and easy to use. “We have a very safe vaccine,” Bailey emphasized. “It has fewer side effects than you usually see with other vaccines.” The doctor noted that vaccines have been used for over a century and have shown no ill effects in the reproductive arena.

“To be absolutely certain, any woman who is pregnant may defer the anthrax immunization even though we don’t feel that the antibody is harmful to the woman or to a fetus,” Bailey said.

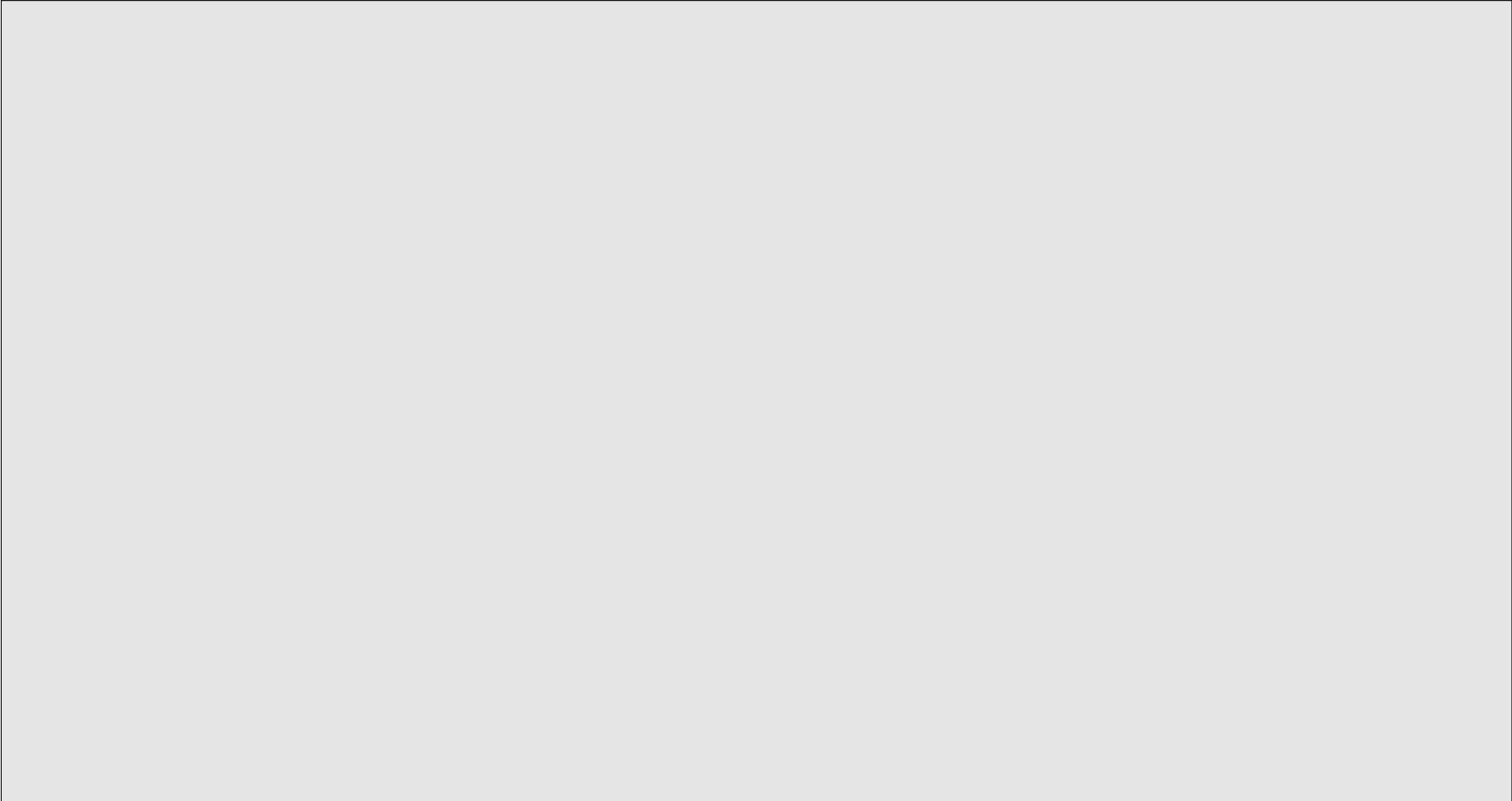
She said if she were a nursing mother, she wouldn’t take the anthrax vaccine, and “would be very careful about smoking, drinking and probably eating spicy foods.” The services are willing to deal with this special situation, she said.

Family separation is another potential major health problem for deploying women, she said. Domestic problems like caring for young children, and sometimes elderly parents, often fall to the woman of the household. Therefore, Bailey said, reducing separation difficulties prior to deployment is essential to having a physically, emotionally and mentally fit and healthy force.

After deployment, isolation is sometimes a problem for military women because the peer group is small, Bailey noted. But the problem is less than it used to be, she said, because women are now 14 percent of the armed forces and growing.


“The Navy found that a critical mass of women is necessary aboard ships to provide the kind of camaraderie and acceptance that reduce isolation,” Bailey noted. She said a women’s network and support system forms if 15 to 20 percent of the crew are women.

Finally, medical problems always arise after deployments, Bailey said, so carefully diagnosing and treating troops when they return home helps health care providers deliver better protection on future deployments.

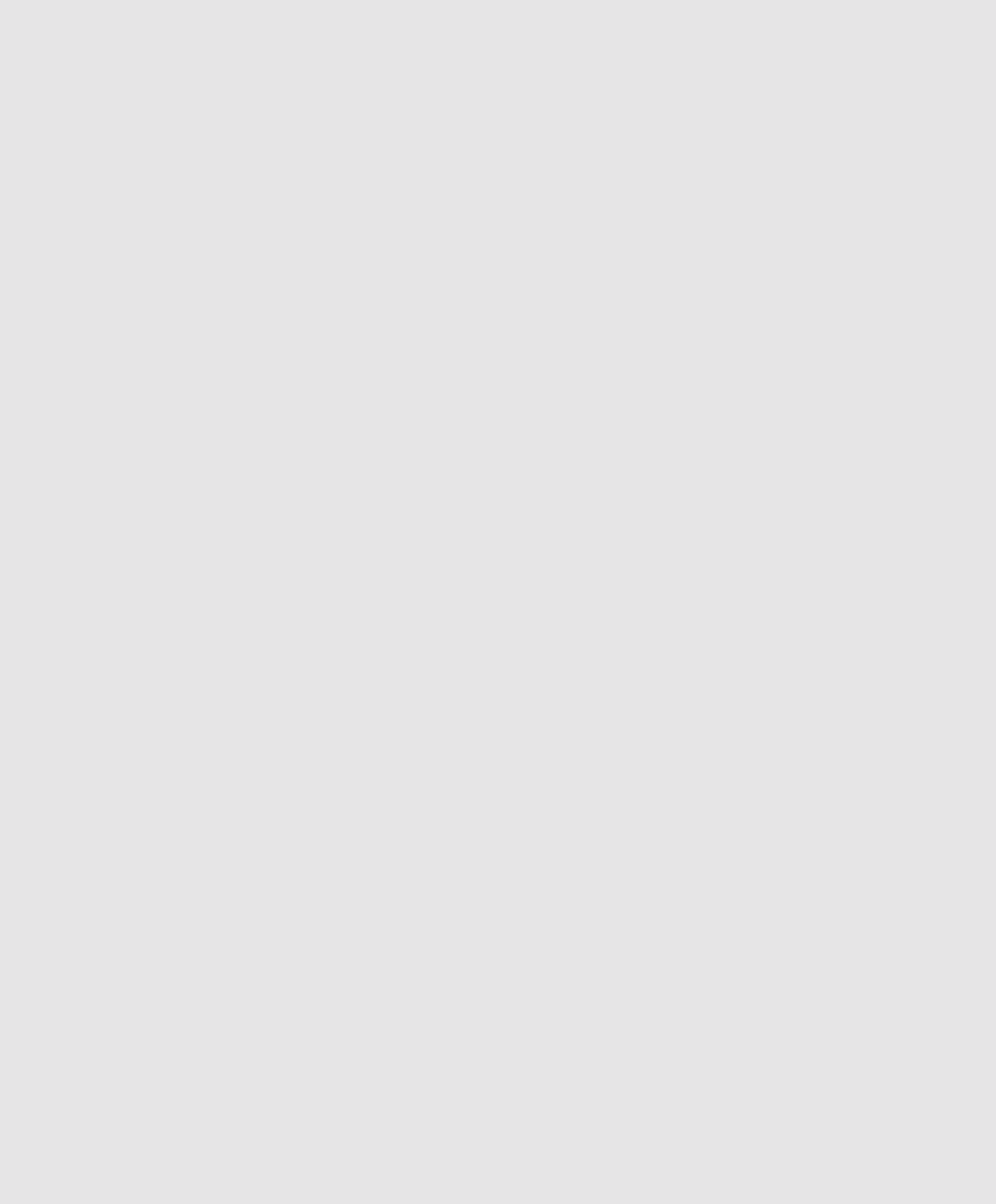


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# Sports and fitness

## Lady Tigers celebrate best season ever

**La'Tanja Steele and Jackie Edwards**  
*Tyndall Lady Tigers*

As the basketball season comes to a close, the Tyndall Lady Tigers finished with finesse. We walked away with second place in the post-season tournament and second place in the conference, while our coach, Master Sgt. D. J. Moore, won runner-up for coach of the year.

Most of us have been playing together for three or more years and have lent a helping hand to the new players. Being part of this team is a very good experience — you get to meet all kinds of people and travel to many different bases.

As players of the Tyndall Lady Tigers, we do our best to represent

our families, our base and the Air Force as well as ourselves. Our team's togetherness is what led us to a winning season this year, 15-10.

Our final game, the post-season tournament, was played at Fort Benning, Ga. We played our hearts out and brought home the second-place trophy for the tournament, as well as individual trophies for the entire team.

We had three players receive additional awards for the All-Star, All-Conference and All-Tournament teams. Those players are as follows:

- Dina Darling
- Jackie Edwards
- Cassandra Williams

We want to thank Coach Moore for his patience and understanding throughout many difficult situations. He has improved our teams'

endurance and appreciation of hard work. We enjoyed having him as our coach.

Last but not least, we want to thank Trey Smith, Tyndall Lady Tigers assistant coach, for being at practice when there was only a few of us. Of the 15 players that started out the season, we ended up with only nine, and of those, we will be losing three. We want to wish our departing players good luck and happiness.

We plan on playing a little this summer to get to know everyone's strengths and weaknesses, while we prepare ourselves to take home the first-place trophy next season. Anyone interested in playing for the women's basketball team can call Coach Moore, 283-4764.

*(Editor's note: Dependents are eligible to play.)*



The 1999-2000 Tyndall Lady Tigers, top row from left to right: Tonya Mahone, Rachelle Pamos, Angela Trotter, Jackie Edwards and Tisha Coldren. Bottom row: Dina Darling, Andrea Davie, La'Tanja Steele, Annette Sharpe and Cassandra Williams. Not pictured: Kristian Whitaker, Alecia Jones, Laure Hannahs, Lydia Douglas, Latonya Feacher and Eartha Harrington.

## Intramural bowling standings

Team	W-L	Pins	HG	GB
Trend Western	133-75	79,613	977	—
325 MSS	122-86	78,945	1,060	11.0
325 CES	121-87	78,916	965	12.0
53 Wing 2	119-89	79,788	1,112	14.0
325 COMM 1	118-90	79,348	1,082	15.0
325 OSS	118-90	78,773	972	15.0
325 SVS	117-91	78,992	1,027	16.0
325 MXS 1	116-92	78,293	929	17.0
AFCESA	115-93	75,823	934	18.0
325 TRS 1	114-94	78,417	972	19.0
823 RED HORSE	114-94	79,453	1,076	19.0
53 Wing 1	112-96	78,149	961	21.0
325 SFS	112-96	77,723	997	21.0
325 COMM 2	106-102	78,126	881	27.0
2 FS	106-102	76,977	939	27.0
95 FS	102-106	78,285	985	31.0
1 AF/CONR	101-107	76,076	875	32.0
325 TRS 2	94-114	73,990	821	39.0
325 MXS 2	84-124	76,180	798	49.0
SEADS 2	84-124	77,277	1,068	49.0
1 FS	84-124	74,397	898	49.0
SEADS 1	78-130	77,154	926	55.0
Contracting	76-132	76,881	954	57.0
325 FW/Public Affairs	46-162	71,794	705	87.0

**W-L** = Wins and losses  
**Pins** = Pins won during the season  
**HG** = High game for each team  
**GB** = Games back from first place



## Sports shorts

•The Gulf Coast Salute Fun Run will be 8 a.m. April 1 beginning at Maxwell Flag park and ending at air show center. Registration fee is \$10. For more information, call the fitness center, 283-2631.

•The Beacon Beach Marina Club Regatta 2000 Begins at 11:30 a.m. March 25. The Social Hour and Skipper's meeting begins 6 p.m. March 24. Registration fee is \$25. For more information, call the Beacon Beach Marina Club, 283-3059.

*(Editor's note: Please submit sports shorts to the Tyndall Sports and Fitness Center, 283-2631.)*

# Airmen should strive to maintain a healthy weight

**Captain Sarah Flash**  
*U.S. Army Quartermaster Center and School  
registered dietitian*

In June 1998, the first federal guidelines on the identification, evaluation and treatment of overweight and obesity in adults were released. Now defining “overweight” is A Body Mass Index of greater than 25.

As your BMI increases, especially above 27, so does your risk for developing heart disease, diabetes, gallbladder disease and high blood pressure. However, weight must be considered in the overall context of health and the best weight for the individual. If you are fit and muscular, you may register a high BMI because muscle weighs more than fat.

At least half the adult population in the United States is somewhat overweight, and more than 33 percent are obese or 150 percent or more of their ideal body weight. Overconsumption of calories and lack of physical activity associated with obesity contribute to more than 300,000 potentially avoidable deaths each year. Studies show that dietary patterns of Americans differ widely, but most Americans eat a diet that can be described as “needs improvement”.

Because we are a society of instant gratification, we want the weight off instantly, and will go to unusual lengths to accomplish the mission in record time. Unfortunately, long-term, weightloss success means developing long-term healthy eating and exercising habits that quick weight loss programs do not promote.

Quick weight loss is usually the result of water loss and loss of lean body mass, giving a false impression of weight loss. Excessive protein intake can stress the kidneys and lead to calcium loss from the bones; and depending on the type of protein food consumed, may be

high in fat, saturated fat and cholesterol. Diets lacking the recommended 50-60 percent carbohydrates will also be inadequate in fiber and nutrients.

According to the federal drug agency weight-loss schemes are one of the leading forms of fraud in the United States. Read a diet carefully before you invest time and money or risk your health and set yourself up for frustration. Consider the following “red flags” to weight loss plans:

- Very low calorie — A normally active woman trying to lose weight should consume at least 1800 calories per day (even more for men). Many “popular” fad diets promote intakes of 1200 calories or less. Very low calorie intakes also limit intake of important vitamins and minerals.
- Forbidden foods — All foods can fit into a healthy eating plan. Depriving yourself can lead to bingeing and loss of interest in healthy eating. Limit less-nutritious foods to small amounts.
- Supplements or Pills — No magic pill or potion is going to melt the fat away! Some supplements can be dangerous to your health.
- Infrequent meals - It is best to eat when physiologically hungry. For most people, that is every four hours. Skipping meals can zap your energy and lead to binges later. Also, skipping meals can reduce your metabolism.
- Speedy results — For healthy, permanent weight loss, you should aim to lose no more than one or two pounds per week.
- No exercise - Weight loss plans should incorporate at least 30 minutes of moderate-intensity exercise four to five days per week. Exercise helps maintain lean body mass and burn calories.
- No substitutions or eating certain foods exactly as prescribed — How rigid is that?
- Special foods purchased from a special store or dealer — This is expensive and you cannot eat these foods forever! Remember long term.



Tech. Sgt. Sean E. Cobb

**Heavy lifting**  
**Zack C. Lee, left, Team Tyndall member, spots for Brad S. VanDussen, Team Tyndall member, as they take advantage of spring break to bulk up at the Tyndall Sports and Fitness Center.**